

Dear Fellow Employees:

November is here and we're fast approaching the busy holiday season. This month there are 2 very important health observances:

- 1) "The Great American Smoke out", which encourages all smokers to quit for the day on November 20th. (It's Tobacco Cessation Awareness Month.)
- 2) The month of November is also Diabetes Month, with a focus on education and raising awareness.

Our Working On Wellness website will provide information regarding both of these events. Our goal is to help state employees who may have issues with either concern.

New discounts for state employees:

The Battle Creek Y is offering a discount for the month of November; the Marquette Y is offering an on-going discount.

The Kalamazoo Powerhouse Gym is now offering the same discount as the Lansing & Dewitt gyms offer. The Portage Powerhouse Fitness Center is offering a 25% discount on all cash memberships.

Dunham's pedometer discounts are now offered statewide.

Court One, Go Work Out, Powerhouse Gym & University Club are still offering fitness club discounts to state employees. Other Y and Fitness Club discounts are also in the offing, so continue to check the WOW website for updates.

Via the Monthly Hot Website:

Access the new Express Scripts DrugDigest for medication info, and the FDA website for additional info on generic drugs.

WOW Website: http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

or go to www.michigan.gov/mdcs and click on Employee Health and Wellness.

If you have any trouble accessing our website or its links please call our toll free number, Toll Free: 1-877-381-0225. We wish you all good health and a Happy Thanksgiving.

Employee Health & Wellness
Working On Wellness